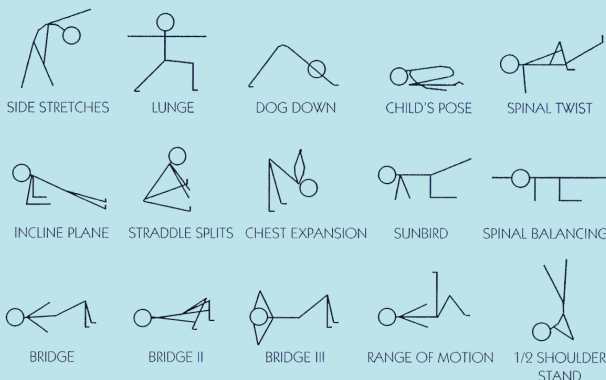


YOGA STRETCH FOR FITNESS

Music by **Steven Halpern**

featuring **Beth Shaw**



Yoga expert Beth Shaw guides you through a variety of basic stretching, toning and strengthening movements. She encourages participants of any age, size or body type to follow this program while traveling or in the comfort of home. The results are increased relaxation, lowered stress, positive mental awareness and improved physical health.

Beth Shaw, president and founder of YogaFit International, Inc., travels worldwide, training instructors to teach YogaFit, her fitness-oriented, user-friendly style of yoga. A certified massage therapist and fitness trainer, she is based out of Hermosa Beach, CA. For more information on YogaFit visit www.yogafit.com

Listen & Live Audio Running Time:

1 Hour

Unabridged

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